

# Stuttgart Community Post

Volume III, Issue 7

Read the Stuttgart Community Post at <http://www.stuttgart.army.mil>

## March is National Nutrition Month

"Take a Fresh Look at Nutrition" during the 1999 National Nutrition Month this March by making healthy choices that fit your lifestyle. And to find out how, various organizations are pooling their resources and joining forces for a healthier Stuttgart community.

Check out displays at the health clinic, local commissaries, Patch Library and Child Development centers. Plus, patrons can enter a contest to win prizes by completing a nutrition quiz at all locations. And finally, as part of this celebration of good health, check out the following classes offered throughout the month. All sessions are held from 5:15 to 5:45 p.m.

- "Healthy Snacking" Information Session, March 2<sup>nd</sup> (Panzer CDC), 3<sup>rd</sup> (Kelley CDC) and 4<sup>th</sup> (Patch CDC);
- Presentation, "Calcium: When You Can't Drink Milk," March 9<sup>th</sup> (Panzer CDC), 10<sup>th</sup> (Kelley CDC) and 12<sup>th</sup> (Patch CDC);
- "Good Nutrition" Information Session, March 17 at the Kelley CDC;
- "Fat and Fiber" Information Session, March 23<sup>rd</sup> (Panzer CDC), 24<sup>th</sup> (Kelley CDC) and 25<sup>th</sup> (Patch CDC); and,
- Presentation, "Sugar and Sweets," and prize drawing, March 31 at the Patch Library.

Can't attend a class? Get educated online via the American Dietetic Association Web site, [www.eatright.org](http://www.eatright.org), or call the ADA Consumer Nutrition Hot Line, 800-366-1655. Any other nutrition questions? Call Mary Lindfors, registered dietician at the Stuttgart Health Clinic, Thursdays and Fridays 0711-680-8615, or Katalin Bogнар, food services manager, 0711-680-7496.

## SECTION I OFFICIAL INFO

### **Numbers To Know...**

*In case of an emergency call...*

|                 |              |
|-----------------|--------------|
| Military Police | 0711-680-114 |
| Medical         | 0711-680-116 |
| Fire            | 0711-680-117 |

*For other non-emergencies contact:*

|                                |               |
|--------------------------------|---------------|
| American Red Cross             | 07031-15-818  |
| Emergency Action Center        | 0711-729-2601 |
| Chaplain                       | 0711-680-5000 |
| Family Assistance Center       | 07031-15-524  |
| MP Desk Sergeant               | 0711-680-5262 |
| Sexual Harassment Hotline      | 0711-729-2708 |
| Gen. Clark's Education Hotline | 0711-680-6121 |

## Recent Attacks Cause Great Concern

Many recent Kurdish demonstrations in downtown Stuttgart have resulted in violent beatings and reported firebombs. In response, German police and the City of Stuttgart are taking stronger measures to prevent further incidents by placing an additional 1,000 police on the ground.

However, demonstrations and arson attacks are still likely to continue; and although there have been no reports of violence directed against U.S. personnel or facilities, until further notice, all personnel are strongly discouraged from entering downtown Stuttgart and any Greek or Turkish restaurants. Patronage of any facility owned or operated primarily or partially by Greek or Turkish personnel may put you at risk and should be avoided. For further information e-mail Maj. Brinson Moorhead ([moorhead@6asg.army.mil](mailto:moorhead@6asg.army.mil)).

## SERVICES

### Temporary Closings, Changes

The **Self Service Supply Center** on Patch Barracks will be closed March 22 to 24 to conduct semi-annual inventory. However, emergency issues will still be handled. For more information call Salim Jneidi, 0711-680-7224.

The **Kelley Filling Station** will be closed for renovation Feb. 27 to April 1.

The **Robinson Barracks Arts & Photo Center** will be temporarily reducing its hours in March due to staff shortage. Be sure to call before you stop by until the center resumes its normal schedule April 5. Call 0711-819-6038.

### Credit Union Plan Pays German Bills

Stuttgart's Service Credit Union can now electronically transfer funds from accounts to pay German bills such as rent, electricity, telephone, car insurance and even traffic tickets. The DM Bill Paying Service eliminates the need to pay high *Bundespost* fees and saves time by limiting the number of locations visited. For details on this simple, time-saving process and other services call 0711-680-7194.

## SECTION II COMMUNITY INFO

### Childcare Provided During Bazaar

As an added benefit to your shopping pleasure during the Fruhlings Fest Bazaar and Raffle, the Kelley Youth Service will be open to entertain children ages 5 to 12 March 20 and 21 from 10 a.m. to 4 p.m. Fee is \$2 per hour, which includes snacks, games, arts and crafts, face painting and more.

The Child Development Service on Kelley Barracks has also agreed to provide childcare at the Kelley CDC for registered infants (starting at 6 weeks), toddlers and preschoolers on March 20 and 21 from 12:30 to 4:30 p.m. Spaces are limited and will be filled on a first-come, first-served basis. Fee is \$2.50 per hour. To reserve call the CDC at 0711-680-7458.

Volunteers are still needed for the Bazaar. If interested in lending a helping hand call Terri Osterberg at 0711-856-9848. For general information call Karen Sampson, 0711-856-8244.

### Community Town Hall Rescheduled

The Feb. 17 community town hall meeting that was cancelled due to inclement weather has been rescheduled for March 24, 7 p.m. at the Panzer

Community Club. Questions may be addressed to Maj. John Carty, Stuttgart AST, at 0711-729-2322 or e-mail (cartyj@6asg.army.mil).

### Military Medical Ball in March

All members of the U.S. military medical family are invited to the Europe Regional Medical Command's Spring Ball March 12 at the Village Pavilion in Heidelberg's Patrick Henry Village. The command's NCO and Soldier of the Year will be announced during the evening and the Family Advocacy Program will be recognized with a Vice Presidential Hammer Award. Presenting the award and serving as guest speaker will be Maj. Gen. B.B. Bell, USAREUR chief of staff.

Dinner choices include roast beef or chicken breast (\$30), or vegetable plate (\$25). Junior enlisted personnel pay \$20, regardless of which entree they select. Call Michele Jung or Tracy McLane at 06221-172010/172199 to make a reservation. Deadline is March 5.

### Tobacco Cessation Class

If you want to kick the tobacco habit, join a Tobacco Cessation class beginning March 24. The six-week class meets Wednesdays noon to 1 p.m. Get group support, while also using the patch to become tobacco free. To register call the Stuttgart Health Clinic, 0711-680-8610.

### Check out Easter Specials on Portraits

Portraits and family photos with that springtime feeling are now available at a special low price during the RB Arts & Photo Center's Easter Special. Just \$14.95 buys all the proofs, plus one 8"x10" enlargement of your favorite shot. Additional prints are available at regular low re-order prices. Call 0711-819-6038 Mondays through Wednesdays 3 to 9 p.m., Saturdays and Sundays from 11 a.m. to 7 p.m. for an appointment.

### Big Savings in Stuttgart Commissaries

Look for great specials going on now at local commissaries during the third annual Director's Sale and Fill Your Freezer Sale March 1 to 14. Save as much as 49 percent on selected cookies, BBQ sauce, plain flour, kitchen wrap, kitchen bags, cake mixes and frostings. Call your commissary for details.

### Easter Bunny Hops Over to Local Shop

The Easter Bunny is hopping into town and stopping by to drop off all his goodies at Kaethe Wohlfahrt's on Patch Barracks. So come on over for a visit and fill your basket with all your Easter needs such as Ukrainian eggs, traditional German

hand-painted eggs and heirloom items – all at reasonable prices. Let the staff assist you in finding that perfect gift to remind you, your friends or family of traditions that touched the heart while living in Germany. Hours are Mondays through Fridays 10 a.m. to 6 p.m. and Saturdays and Sundays noon to 4 p.m. For info call 0711-681-512.

### Calling All Singers

Attention all singers! When was the last time you fine-tuned your talent? Take the time and join the Stuttgart Singers, an enthusiastic singing group that is currently rehearsing spirituals/gospel, American folksongs and patriotic tunes for upcoming projects. No auditions or ability to read music are needed. And if work schedules prevent attendance at regular weekly practices, convenient practice tapes are also available. Everyone is welcome to join the group Mondays at the Patch Chapel from 7 to 8:30 p.m. Need more information? Call Kathy Williams, 07159-44991.

## ARTS and CRAFTS

### Weave A Beautiful Easter Basket

The Patch Arts & Crafts Center has three different times you can come in and weave a beautiful Easter basket. Join Sue Caldwell, an encouraging, talented and inspirational instructor, and discover the enjoyable craft of basket weaving. The classes are conducted March 2 or 11 from 9 a.m. to 1 p.m., or March 4 and 11 during a two-session evening class from 7 to 9 p.m. Cost is \$17, which includes all the colorful reeds, precut and ready to go. Call to enroll.

The center also offers Silk Scarf Dye classes, Pottery, Decorative Acrylic Painting, Sewing and more. For details call manager Laura Taylor Mondays through Thursdays, 9 a.m. to noon and 2 to 5 p.m., 0711-680-7109, or simply stop by! The center is located in the basement under the Gussy Goose, down the steps to the left of the Gussy Goose building and through the big brown door.

### New Classes Soon in Session at RB

Call the Robinson Barracks Arts & Photo Center and sign up now for the new six-week photography class beginning April 6 at 6:30 p.m.

If you don't feel focused enough for photography, then learn to paint during a four-week Introduction to Painting course starting April 7 at 6:30 p.m.; or, Find Your Way with Clay Mondays from 2 to 3 p.m. Classes cost \$45, which includes all necessary supplies. Advance registration is required. To sign up or for details call 0711-819-6038 Mondays through Wednesdays

3 to 9 p.m. or Saturdays and Sundays from 11 a.m. to 7 p.m.

## CLUB INFO

*(No submissions for this edition.)*

## EDUCATION & TRAINING

### Sign Up for Internet Training

Want to catch up with the rest of the world and finally learn to surf the Web? Patch Library is now offering an introductory Internet course Tuesday evenings from 6 to 7 p.m. Novice computer users can learn all about the Internet, how to use it, how to navigate on a Web page, select an Internet provider and conduct a search. As this course is hands on, only four people can register per class, so stop by to sign up or call 0711-680-5232. For more information contact Kelly W. Skovbjerg, reference librarian.

*Note to library Internet users:* The Internet Resources Room will be closed Tuesday evenings from 6 to 7 p.m. while the above class is in session.

### Learn from Experiences

Military Family Team Building presents "Create your Own Sunshine" March 18 from 10 a.m. to noon in the Army Community Service classroom. This is a combination Level II/III class on adapting to change and learning from past experiences. Participants will learn some helpful techniques and have the opportunity to share their own. All members of the community are welcome. Childcare will be provided as needed. To sign up call 0711-687-7529 or 0711-687-7391.

### Free Dance Lessons

The German-American Dance Club, "The Originals," invites you to learn two country and western dances as well as the latest line dances from a certified dance instructor. Sounds like a good ole time? Then mosey on over to the Robinson Barracks Community Club Thursdays from 7 to 9 p.m. Call Mike Smith, 0711-856-9551 for details.

## ENTERTAINMENT

### Film Schedule

If you have questions or wish to confirm times and ratings call the Patch Theater at 0711-680-5310 or the Robinson Barracks Theater, 0711-819-6137. All movies and times are subject to change.

**Patch Barracks Theater:**

Fri., Feb. 26, A Bug's Life, 7 p.m., G  
In Dreams, 9:30 p.m., R  
Sat., Feb. 27, A Bug's Life, 7 p.m., G  
In Dreams, 9:30 p.m., R  
Sun., Feb. 28, A Bug's Life, 4 p.m., G  
In Dreams, 7 p.m., R  
Mon., March 1, In Dreams, 7 p.m., R  
Tues., March 2, The Rugrats Movie, 7 p.m., G  
Wed., March 3, Psycho, 7 p.m., R  
Thurs., March 4, Psycho, 7 p.m., R  
Fri., March 5, Jack Frost, 7 p.m., PG  
At First Sight, 9:30 p.m., R

**Robinson Barracks Theater:**

Fri., Feb. 26, Varsity Blues, 7 p.m., R  
Sat., Feb. 27, Varsity Blues, 7 p.m., R  
Sun., Feb. 28, Babe: Pig in the City, 4 p.m., G  
Belly, 7 p.m., R  
Mon. through Thurs., (closed)  
Fri., March 5, In Dreams, 7 p.m., R

**Corso Theater (Hauptstr. 6, Vaihingen):**

Call the theater at 0711-734-916 for information and film schedule. The recording is in both English and German.

**GETAWAYS**

(No submissions for this edition.)

**JOB CORNER****Contractual Opportunities in Child Care**

Army Community Services is seeking two childcare providers for the Families Learning About Germany and Spouses Newcomer Orientation. These are contract positions and are open to all I.D. cardholders. If interested contact Katherine Randall at 0711-680-7176.

**Sports and Fitness****Big Bargains on Bowling**

Be sure to bowl through March 31 and enjoy super savings at both the Patch and Panzer bowling centers.

Bring the kids in to the Patch Bowling Center for great specials Wednesdays and Thursdays from 3 to 9:30 p.m. when children pay just 75 cents and get free bowling shoe rentals. Special adult price is \$1.25 per game. Holidays are not included. And don't forget to breathe easy while you bowl on Smoke-Free Fridays. Call 0711-680-5395 for details.

The Panzer Bowling Center also has a super children's special Mondays through Fridays from

11:30 a.m. to 5 p.m. Adults bowl at regular price, but children pay 75 cents per game and pay no fee for shoes. Holidays are not included. Call 07031-15-753.

**Step Aerobics**

Join the morning step aerobics class Mondays, Wednesdays and Fridays from 8:45 to 10:15 a.m. at Joe Dugan's (former Patch Club next to theater). Call Silvia Hughes at 07157-3745.

**Thrift Shop****March is Spring-Cleaning Time**

The Robinson Barracks Thrift Shop starts accepting summer items in March, so consign your clothing, shoes and sports items soon! Plus, transformers, CDs, videos and computer games are always in demand. Consignments are accepted 10 a.m. to 12:30 p.m. each day the shop is open. Donations express your support and are greatly needed and appreciated, as all profits are returned directly to the community.

Attention shoppers! Be sure to stop by the store in building 196 and check out daily specials during sales hours Thursdays through Saturdays, 10 a.m. to 2 p.m.. Call 0711-854-242 for details.

**What's New at the Panzer Thrift Shop**

What could possibly be new at the Panzer Thrift Shop? Lots! Some of the new highlights include a new assistant manager, better atmosphere, greater markdowns, more specialty items, higher standards of merchandise quality, improved customer relations and free complimentary coffee while you shop. Store hours are Tuesdays 11:30 a.m. to 3:30 p.m., Wednesdays 10 a.m. to 2 p.m. and Thursdays 10 a.m. to 2 p.m. Plus, for the month of March, the shop is also open Saturdays from 10 a.m. to 2 p.m. Come to building 2956, bring the family and turn your unwanted items into cash for you and a bargain for someone else. Questions? Call Dela Humphreys or Keisha Thomas at 07031-15-878.

**Patch Welcomes Unwanted Goods**

Getting ready to either PCS or clean out the closets? Before you leave Germany, be sure to bring your unneeded transformers, 220-volt appliances and other accumulated goods to the Patch Thrift Shop. Consignments are accepted Mondays, Wednesdays and Thursdays from 10 a.m. to 1 p.m.; sales hours are until 2 p.m. And for those who can't make it during the week, the shop is also conveniently open the first Saturday of every month with consignments from 10 a.m. to

noon and sales from 10 a.m. to 1 p.m. Come in for a visit at Patch Barracks' Washington Square or call 0711-680-5510 (main store) or 0711-680-5237 (Children's and Book World) with questions.

## Youth & Teen

### What's on the Kelley YS Calendar

All children ages 6 to 12 are invited to Kelley Youth Services Feb. 26 for *Movie & Dinner Night* (\$5). For further information call 0711-729-2548.

### Panzer YS Highlights Found Here

Fun is in store this weekend at the Panzer YS. Celebrate during a SAS Birthday Bash Feb. 26; and on Feb. 27, win big during Family Beanie Babies Bingo. Call 07031-15-2568 for costs, times and details.

### Fun for All Found at the Patch YS

It's party time at the Patch Youth Service's Lock-In Feb. 26 from 8 p.m. to 8 a.m. (\$15). Call 0711-680-7204 for details.

### Take Note of Teen Center Activities

Fun for teens is on the Teen Center social roster. Feb. 26 is Movie Night for middle school children with free hot dogs; come along for horseback riding in Weil der Stadt Feb. 27 (25 marks/1 hour, 40 marks/2 hours); and sign up now to attend the Youth to Youth Conference in Vilseck March 5 to 7 (\$75). For more information call the Teen Center, 0711-680-4494.

## MARKETPLACE

*Items will be included for two weeks unless the Post is notified that they are no longer valid. Items will run on a space-available basis, all at the discretion of the Post editor.*

### For Sale/Vehicles/Equipment:

1990 BMW 318i, maroon, 5 speed, sunroof, 4 door, sport wheels, CD/cassette, new timing belt, second owner, book value is \$6,200, asking \$5,500. Call 08293-909586 or 0171-2367945 (afternoons only).

The Kelley Auto Craft Shop has the following donated vehicles for sale: 1989 Chevrolet Beretta, has fire damage to rear bumper and right tail light and no brakes, \$200 min. bid; 1983 BMW 320i, white, four door with broken timing belt, \$200 minimum bid. For more information stop by or call 0711-729-2603.

1994 Mitsubishi Eclipse GS, excellent condition, 55,000 kilometers, alloy wheels, AM/FM cassette, CD changer, five speed, \$9,000 OBO. Call SrA Dominguez at 0711-680-8018 (day) or e-mail (dominguezp@hotmail.com).

1985 Opel Senator 2.5E, six cylinder, automatic, A/C, four-door, gold color, inspection good to Sept. 1999, \$700 OBO. Call 0711-687-7716.

1985 BMW 525e, automatic, charcoal gray, runs great. \$2,000 OBO. Call 0711-856-0509 (evenings) or 0712-7444760 (anytime).

1995 Ford Windstar, 7 passenger, 32,000 miles, V6, 200 HP, automatic, power steering, ABS system, security glass, dual airbags, AM/FM CD player, \$11,000. Call 0711-680-8415 or 0711-677-2012 after 5 p.m.

### Housing:

180+ qmtr. house available, 3-4 bedrooms, 3 bath, built-in kitchen with yard, patio and two parking spaces. Located next to the forest in a very quiet neighborhood. Seven kilometers from Patch, Kelley or the airfield. DoDDs school bus stop is a three-minute walk. Available March 15. 3200 marks + 2 month Kaution. Utilities run 400 marks per month. Contact Nielsen, 0711-754 4288.

### Employment/Services:

Occasional ride sharing sought between Stuttgart and Kaiserslautern areas. Contact Kent Pollard, 0711-368554 or e-mail (rkpollard@hotmail.com).

Home Educators Are Real Teachers (HEART) for Germany is organizing and sponsoring Weekend Workshop '99 March 26 and 27 at the International Baptist Church of Stuttgart. Sharon Grimes of "The Teaching Home Magazine" will be the keynote speaker. Topics will include how to find information, books, magazines, catalogs and more. Call Bruce or Barbara West, 0711-8106-999, or e-mail (Batman270@iname.com).

### For Sale/Miscellaneous:

Eckbank (corner bench) with table and two chairs, \$125; medium/large dog kennel, \$40. Call 07031-387633 (answering machine activated on 7th ring.)

Two portable heaters on wheels (radiator type) in excellent condition, \$35 each; two dressers (four compartments, ideal for kids clothes), \$25 each. Call Mark 0711-680-8433 (work) 0711-687-7167 (home).

Toaster, \$8; 4-cup coffee pot, \$10; blender \$10; electric can opener \$10; portable mixer, \$8; electric skillet, \$3; satellite dish and receiver, \$150; German television antenna, \$20; large plant, Areca Palm, \$30; large plant, Sanguinia, \$15; small palm tree, \$5; complete king-size bedspread, set including window treatments, \$35; small speaker set (great for kids), \$18; sound system rack, \$40. All appliances are in new condition and 220 volt. Call 0711-7940041.

Military Civil War print from Pollen (limited edition) 'New Beginnings', wonderfully framed, best offer; 486

computer with CD and Bubble Jet color printer, best offer; five rattan chairs (less than a year old from E.H. Meyer), all \$120; Krups coffee/espresso/cappuccino machine, nearly new, \$80 (new 150); Bistro table (metal and marble) with two chairs, \$40; glasses (12 each) wine, water, beer, sekt, grappa from IKEA (nearly new), all for \$30; Columbia ski jacket (worn once) green with burgundy, size medium, \$50. Call 0172-7211614 (leave message) or 0711-6499490.

Goodyear Eagle+4 p225 50R16 91V tire for sale, \$45; Ford Probe car cover, \$90; Connor 800 MB Travan parallel port mini-cartridge tape drive, \$50; miscellaneous pre/post World War II German collector stamps and coins; hand-painted nativity sets; Badger compressor for hobby painting, \$50. Call 0711-776373.

Head XTR Downhill Skis (185 cm), Solomon 647 bindings, tuned and waxed, \$70; Fischer cross country skis (210 cm), Adidas bindings, poles & shoes (size 9), \$70; 17-inch Scott Boulder mountain bike, Shimano STX components, Rock Shox Indy XC, \$450. Call 0711-687-7716.

Ladies black leather coat, size large, three-quarter length, button-down front, fully lined. New, never worn. Beautiful! \$200. Call Gina 0711-817-8047.

Bunk bed, metal, white with hardware, \$50; German phone, \$10; electric fryer, only used twice, \$15. Call Carlos at 0711-817-7817 after 6 p.m.

Electric piano, professional model, full-size upright. Plays and sounds exactly like acoustic piano. Great for stairwell living because you can plug in headphones. Like new, only 2.5 years old. Moving back to the States and no longer need it. Paid \$2300 new. Will sell for \$1400. Call Tom, 0711-6877-301 after 6 p.m.

King-size bed frame w/ Sealey Posturpedic Mattress and matching end tables and lamps. Frame is black/gold. Two years old, excellent condition. Asking \$500 OBO. Contact Lu Ann. Work: 0711-680-5279 or Home: 07234-7022 (after 7 p.m.).

Electric Monster Truck package: Tamiya Brand, Model Dirt Devil, owner's manual and extra information available, "Hot" Monster motor, new wheels, new Ford F250 body w/ roll cage and brush guard, lots of original decals, extra trick parts, paints, carrying bag, 2 battery packs, speed and direction controller/sending unit, re-charger, extra parts, must see. Call Bill 07459-8593 evenings and weekends or Barbara 0172-7120833.

Resident seeking living room furniture, a microwave, satellite decoder and multi-system television and small 220-volt appliances like hairdryer, vacuum, etc. Know anyone who is leaving soon? Pass on the number for Jeff, a potential buyer, 0711-777-7717.

Pocahontas bedspread, curtains, sheets, pillow shams, border, pajama holder, blanket, 3 throw pillows,

pictures, and other small miscellaneous items. Enough to decorate a complete bedroom set. All items are in excellent condition. Asking \$85. Call Gaby, 0711-680-5782 or 0711-6877-302 after 6 p.m.

#### Lost & Found

Lost: Two Christmas presents lost: a Madden '99 Football CD for the computer and a powerboat racing CD for the computer. Lost at either Kelley or Robinson barracks. One of the CDs was a gift to my sister and if I do not find them I have to replace them with my own money. If you found them please return them by calling Ryan Caldwell, 0711-817-7848. Thank you.

Found: Pouch with unit coins. Call Carl, 0711-680-5119.

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**For the March 5 issue, submit items by noon Feb. 26. Articles must not exceed 75 words. Space is limited and content is at the editor's discretion. Articles will run for a maximum of two weeks. Include your name and civilian telephone number with area code. Send items to 6th ASG, ATTN: Stuttgart Community Post, APO AE 09107; fax 0711-729-2051; e-mail (media@6asg.army.mil); or deliver it to the Media Center, building 3307, Kelley Barracks. Questions? Call 0711-729-2000. The Secretary of the Army has determined that the publication of a periodical is necessary in the transaction of the public business as required by law. Use of funds for printing this publication has been approved by U.S. Army, Europe, commander in chief June 1, 1990, in accordance with Army Regulation 25-30.**

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